



## FOODS THAT MAKE YOU BEAUTIFUL

Eating right won't necessarily make you look like you've spent a day at the spa, but some foods contain powerful substances that can improve the appearance of your skin.

### *Fluids*

Water is essential to your skin diet because it helps moisturize the skin. Experts recommend that we drink 6 to 8 glasses of water throughout the day.

### *Omega 3 Fatty Acids*

These types of fats must be obtained from food, because our bodies can't produce them. Omega 3 fatty acids help reduce acne, decrease skin inflammation, moisturize, reduce cellulite and improve skin texture. What to eat: sardines, mackerel, salmon, walnuts, flax seeds, pumpkin seeds, soybeans and tofu.

### *Antioxidants*

Antioxidants play a key role destroying free radicals. Free radicals damage collagen, the elastic tissue in our skin that declines with age. What to eat: berries (especially blueberries), black grapes, brazil nuts, broccoli, carrots, cherries, chestnuts, hazelnuts, kale, raisins, papaya, peas, peppers, prunes, spinach, sweet potatoes and tomatoes.

### *Iron*

Iron is used for the formation of hemoglobin. A deficiency in iron brings anemia, and this shows up in our bodies by a pale complexion and dark circles under the eyes. What to eat: red meat, seafood, liver, eggs and spinach.

### *Vitamin A*

Vitamin A helps in the formation of new cells. This keeps our skin supple and is vital for our eyes and hair. What to eat: whole milk, whole butter, liver, eggs, carrots, sweet potatoes, winter squash, broccoli, spinach and kale.

### *Vitamin C*

Vitamin C is a powerful antioxidant, essential for the production of collagen. What to eat: Oranges, lemons, grapefruits, limes, tomatoes, potatoes, papaya, broccoli, brussel sprouts, black currants, kiwi, strawberries, peas and cauliflower.

### *Vitamin E*

Another antioxidant, Vitamin E, fights the damage of free radicals. This vitamin helps our skin retain its moisture. A lack of Vitamin E can result in premature wrinkles, pale skin, acne, easy bruising and slow wound healing. What to eat: Vegetable oils, nuts and seeds, peanut butter, wheat germ, whole grains, avocados and sweet potatoes.

### *Vitamin B complex*

Vitamin B complex is perfect for keeping your skin moisturized and smooth. What to eat: milk, poultry, red meat, offal, eggs, bananas, soya beans, whole grain, wheat germ, peanut butter and cereal.

### *Selenium*

Selenium is perfect for protecting against free radicals. It also helps to counter dry skin. Selenium along with vitamin E supports the immune system. What to eat: cereals, meat, offal, seafood, eggs, brazil nuts, whole grains, mushrooms, beans, molasses and wheat germ.

### *Zinc*

Zinc is another mineral that is vital to the immune system. It manufactures collagen and speeds up healing in our bodies, including the skin. A deficiency produces stretch marks, a dull complexion, white spots on fingernails, dandruff and stubborn blemishes. What to eat: seafood, red meat, cheese, brewer's yeast, whole grains, mushrooms, offal, eggs, turkey and nuts.

**DON'T FORGET TO STRETCH!**